

### **WHAT IS CLAIMED IS:**

1. An interproximal strip comprising:  
at least three zones arranged in longitudinal succession wherein a middle zone is a central smooth zone flanked by a first integral abrasive specialty zone and a second integral abrasive specialty zone.
2. The interproximal strip of claim 1, wherein said first integral abrasive specialty zone has a first degree of abrasiveness on a single side.
3. The interproximal strip of claim 2, wherein said second integral abrasive specialty zone has a second degree of abrasiveness on a front side of said strip and a third degree of abrasiveness on a rear side of said strip.
4. The interproximal strip of claim 3, wherein said first degree of abrasiveness is approximately equal to said second degree of abrasiveness.
5. The interproximal strip of claim 3, wherein said first degree of abrasiveness is different than said second degree of abrasiveness.
6. The interproximal strip of claim 4, wherein said second degree of abrasiveness is approximately equal to said third degree of abrasiveness.
7. The interproximal strip of claim 4, wherein said second degree of abrasiveness is different than said third degree of abrasiveness.
8. The interproximal strip of claim 5, wherein said second degree of abrasiveness is approximately equal to said third degree of abrasiveness.
9. The interproximal strip of claim 5, wherein said second degree of abrasiveness is different than said third degree of abrasiveness.
10. A method of interproximal reduction comprising:

inserting an interproximal strip between two adjacent teeth at a central smooth zone of said interproximal strip wherein said central smooth zone is flanked by a first integral abrasive specialty zone and a second integral abrasive specialty zone;

creating space between said adjacent teeth by abrading said teeth with said first integral abrasive specialty zone with a first degree of abrasiveness; and

increasing said space by abrading said teeth with said second integral abrasive specialty zone with a second degree of abrasiveness on a front side and a third degree of abrasiveness on a rear side of said second integral specialty zone.

11. The method of interproximal reduction of claim 10, wherein said first degree of abrasiveness is approximately equal to said second degree of abrasiveness.

12. The method of interproximal reduction of claim 10, wherein said first degree of abrasiveness is different than said second degree of abrasiveness.

13. The method of interproximal reduction of claim 11, wherein said second degree of abrasiveness is approximately equal to said third degree of abrasiveness.

14. The method of interproximal reduction of claim 11, wherein said second degree of abrasiveness is different than said third degree of abrasiveness.

15. The method of interproximal reduction of claim 12, wherein said second degree of abrasiveness is approximately equal to said third degree of abrasiveness.

16. The method of interproximal reduction of claim 13, wherein said second degree of abrasiveness is different than said third degree of abrasiveness.